# Four-Hole Stab Binding Instructions

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|  | **1.** Punch 4 holes in a straight line near the spine side of the book |
|  | **2.** Sew through hole 3 from back to front |
|  | **3.** Wrap thread around the spine and sew through hole 3 from back to front again |
|  | **4.** Sew through hole 2 from font to back |
|  | **5.** Wrap thread around the spine and sew through hole 2 from front to back again |
|  | **6.** Sew through hole 1 from back to front |
|  | **7.** Wrap around the spine and sew through hole 1 from back to front again |
|  | **8.** Wrap thread around the head and sew through hole 1 from back to front again |
|  | **9.** Sew through hole 2 from front to back |
|  | **10.** Sew through hole 3 from back to front |
|  | **11.** Sew through hole 4 from front to back |
|  | **12.** Wrap around the spine and sew through hole 4 from front to back again |
|  | **13.** Wrap around the tail and sew through hold 4 from front to back again |
|  | **14.** Flip book over to back cover |
|  | **15.** Thread the needle under the thread running from hole 3 to hold 2 |
|  | **16.** Tie tails together in a knot |
|  | **17.** Trim tails to desired length |

## Additional Resources

* “Japanese Stab Binding.” Highland Print Studio, <https://beccamakingfaces.com/category/japanese-stab-binding/>.
	+ A great step-by-step tutorial with photographs
* “Theory of Japanese Stab Binding.” *Becca Making Faces*, <https://beccamakingfaces.com/theory-of-japanese-stab-binding>.
	+ Check out their wide variety of stab binding patterns here: <https://beccamakingfaces.com/category/japanese-stab-binding/>
* Sea Lemon. “4-Hole Japanese Bookbinding Tutorial.” YouTube, 04 November 2012, <https://youtu.be/j-r6c_trSxY?si=wDbu-xDKMiIgJ9sA>.
	+ See also “More Japanese Bookbinding Tutorials (finaly!)”: <https://www.youtube.com/watch?v=CX8qOFis9qA>
* “Make it floral – A modified Japanese stab binding.” Cécilia Duminuco, 2018, <https://ceciliaduminuco.com/a-modified-japanese-stab-binding/>.
	+ Hardcover album with a floral pattern that could easily be adapted for a softcover pamphlet
* Ikegami, Kōsanjin, and Barbara B. Stephan. *Japanese Bookbinding : Instructions from a Master Craftsman*. 1st ed., Weatherhill, 1986.
	+ Illustrated instructions for traditional Japanese binding styles